What Does Your Child Eat?

Office Use Only

Circle the foods your child *eats* every day or at least 3 times per week: ✓ one topic/visit Food Recall: How does your baby or child feel about mealtimes? set meal and snack times variety/basic 4 # srvgs.: 5-7-2-2 Circle if your baby or child receives food from: Mealtime: pleasant mealtimes School Food Head WIC good food supply Lunch Start **Stamps** nutrition referral supplement use bottle tooth decay soft toothbrush and tiny amt. toothpaste parent helps with brushing until 5 yrs. Baby: breastfeeding formula prep starting solids all food groups FORMUL A WITH weaning/cup no honey or Karo Syrup until 1 year cow milk at 1 year lentils, peas 2-3 srvgs./day try new foods read cereal labels vitamin C with meal pica behavior lentils, peas Calcium: 2-3 srvgs./day: 1-10 yrs.: 6 oz./day collards too much milk type of milk: whole: 1-2 yrs. broccoli low/non: 2 and up Snacks/Fast Foods: foods lower in fat and sugar Fruits and Vegetables: 5–9 srvgs./day vitamins A and C rich foods daily give water daily Activity: Circle activities your baby or child does every day. Frequency: Duration: ΓV: 2 hours or less/day

¿Qué Come Su Niño?

Office Use Only

Ponga un circulo en las comidas que su niño come cada día o a menos 3 veces a la semana:					✓ one topic/visit
	Ponga un círculo bebé o niño a la h	en el dubujo que m ora de comer:	uestra como se s	iente su	Food Recall: set meal and snack times variety/basic 4 # srvgs.: 5-7-2-2
	Food Stamps	en si su bebé o niño School Lunch	recibe comida Head Start	de: WIC	Mealtime: pleasant mealtimes good food supply nutrition referral supplement use
	Vitamin Drops	Iron Drops	cuchara	aza	bottle tooth decay soft toothbrush and tiny amt. toothpaste parent helps with brushing until 5 yrs.
Concentrated legal FORMULA CON HIERRO agua	Frutas Ca Firm	FU	The river of the r	Miel	Baby: breastfeeding formula prep starting solids all food groups weaning/cup no honey or Karo Syrup until 1 year cow milk at 1 year
Carne de cerdo Papa al horno TOFU Frijoles Carne molida	de ela	an integral Tortila de Maiz	Cereal Can Higher Can High Can Higher Can Higher Can Higher Can Higher Can Higher Can High Can Higher Can Higher Can Higher Can Higher Can Higher Can High Can Higher Can Higher Can Higher Can High Can Higher Can High Can	espinaca, acelga	Iron: 2-3 srvgs./day try new foods read cereal labels vitamin C with meal pica behavior
Frijoles Guisados Frijoles Blancos Sardina	Vitamina D Leche	Yogur Leche baja de gra	acelga	bokchoy	Calcium: 2-3 srvgs./day: 1-10 yrs.: 6 oz./day too much milk type of milk: whole: 1-2 yrs. low/non: 2 and up
Papas Fritas SoDA SoDA SoDA SoDA SoDA SoDA SoDA SoDA	Jugo Jugo	naranja —		agua	Snacks/Fast Foods: foods lower in fat and sugar
pollo frito	Tomate	camote		ensalada	Fruits and Vegetables: 5-9 srvgs./day vitamins A and C rich foods daily give water daily
Ponga un círculo en las actividades que su bebé o niño hac	ce diario:				Activity: Frequency: Duration:
					TV: 2 hours or less/day